

EPIGASTRUM, RIBS AND BACK EXPAND DURING INSPIRATION

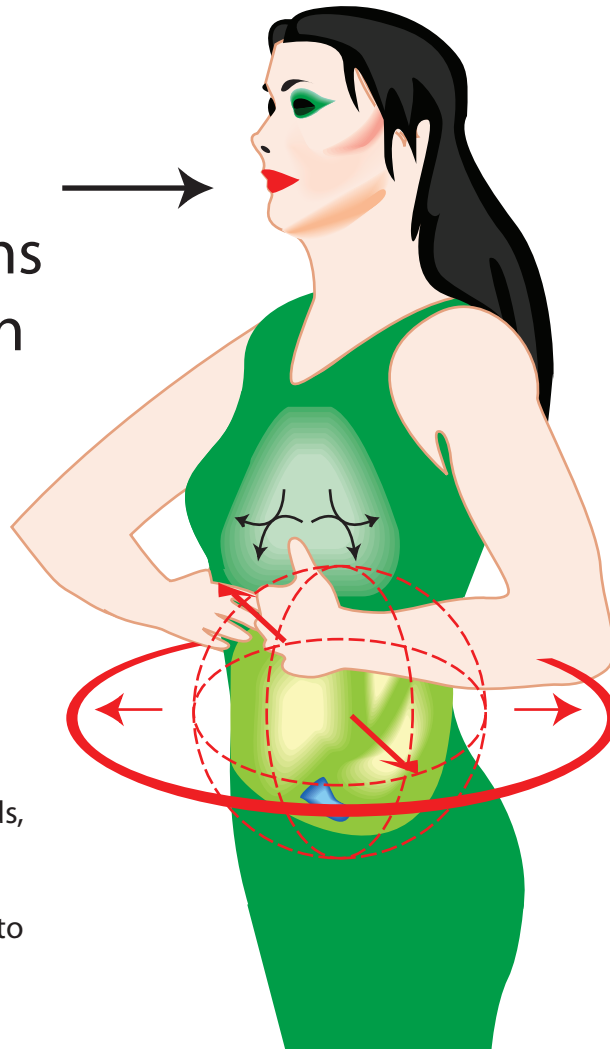
Inhalation



Diaphragm flattens during inspiration (breathing in)

360°
Circle of expansion

Ribs expand laterally, back expands, epigastrum expands forward, in a 360 degree circle. Slight bulge of epigastrum is due to displacement of internal viscera.

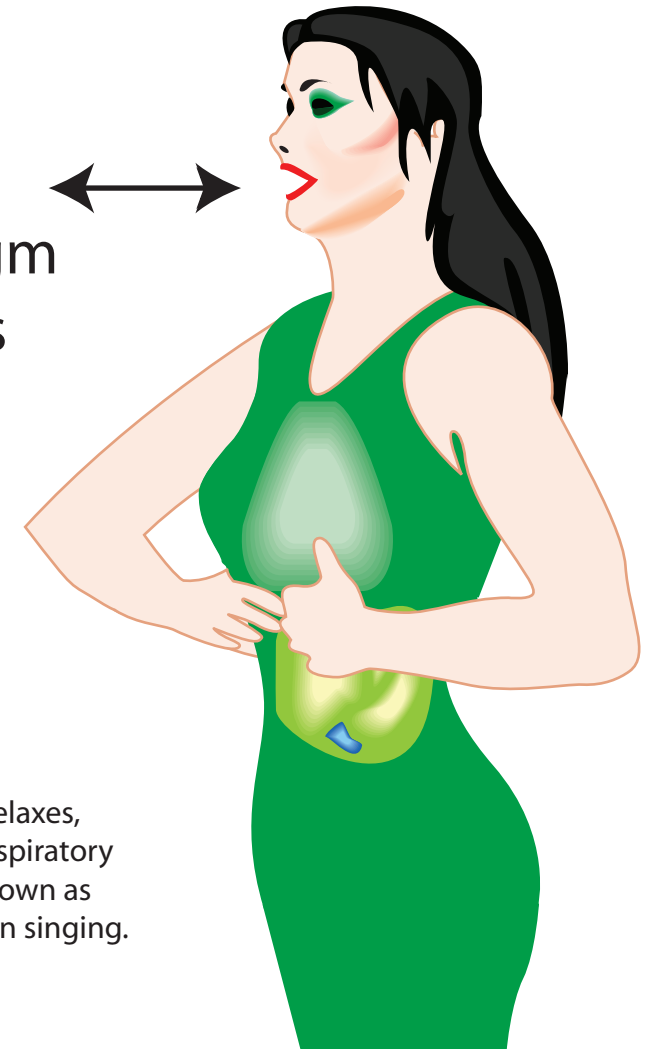


Exhalation



Diaphragm Relaxes

As the diaphragm relaxes, it returns to the pre-inspiratory dome shape. Also known as "Breath Management" in singing.



For more information about how your voice works please visit www.singlikeastar.com

